



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Axel HENKES

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Strecke : H:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:48:17 (16'06"/km)

3/7

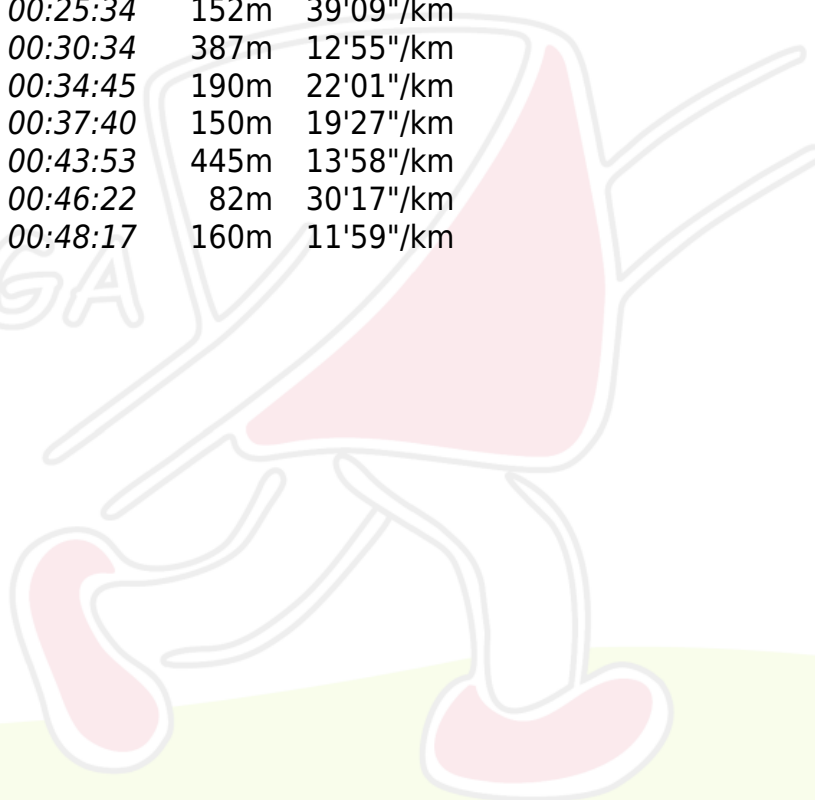
O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|---------------------|---------|
| 1. Thomas CHATTLAIN | 0:39:04 |
| 2. Romain REUSCH | 0:39:10 |

1.	102	00:03:14		207m	15'37"/km
2.	232	00:02:49	00:06:03	192m	14'40"/km
3.	227	00:01:47	00:07:50	149m	11'58"/km
4.	225	00:02:15	00:10:05	196m	11'29"/km
5.	115	00:04:11	00:14:16	329m	12'43"/km
6.	235	00:02:43	00:16:59	185m	14'41"/km
7.	222	00:02:38	00:19:37	168m	15'40"/km
8.	221	00:05:57	00:25:34	152m	39'09"/km
9.	114	00:05:00	00:30:34	387m	12'55"/km
10.	224	00:04:11	00:34:45	190m	22'01"/km
11.	238	00:02:55	00:37:40	150m	19'27"/km
12.	106	00:06:13	00:43:53	445m	13'58"/km
13.	105	00:02:29	00:46:22	82m	30'17"/km
14.	120	00:01:55	00:48:17	160m	11'59"/km

HELGA



Orienteering Software